



Chickpea and Kale Tagliatelle

Ingredients

- 1 tbsp oil
- 1-2 Carrots
- Handful of Kale
- 1 Garlic clove, crushed
- $\frac{1}{2}$ Can chopped tomatoes
- 1 Tin of chickpeas, drained and rinsed
- 1 Vegetable stock cube
- Tagliatelle

Method

- Cook the tagliatelle
- Mean while, heat the oil in a pan and add the carrots and garlic. Fry for about 2 mins
- Add the chickpeas, tomato, stock cube, kale and half a cup of water, simmer till carrots are softened slightly. Then turn off the heat
- Once tagliatelle cooked, combine with ingredients.

Enjoy!

